

## How to collect a '24 hour' urine sample

This test is used to check how your kidneys are working. You collect all your urine (pee) over a 24-hour period.

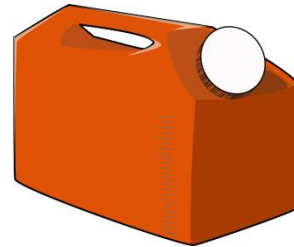
### Important

**Before you collect the sample**, read all of these instructions.

**Follow each step to make sure you collect your sample correctly.**

### What you need

- A clean container to pee (urinate) into such as a cup, jar, or plastic container.
- The large collection container we give you



### To collect a sample

Write your full name and date of birth on the sample container, if not already labelled.

#### Day 1

1. Get up in the morning and go pee.
2. Your 24 hour collection starts now. Write this time down as the start of the 24 hour collection (your start time).
3. Then next time you need to urinate, collect all the urine in a clean container (cup, jar, or plastic container).
4. Carefully pour the urine into the large collection container.
5. Place the container you pee into on a cloth between uses. Do not rinse the container.
6. Put the large collection container in a cool place such as a fridge.

#### Day 2

7. Exactly 24 hours after your start time, try to pee (even if you do not feel you need to) and collect this sample. Write down this time (your finish time).
8. Bring the large collection container to the laboratory as soon as possible.

**Handle the large collection container with care.** It could contain a chemical. If it gets on skin, it could burn. If swallowed, it could be poisonous.

**Never urinate directly into the large collection container.**

Make sure the lid is on tightly and the container is not leaking.

Remember to keep the container in fridge until you can bring it in.